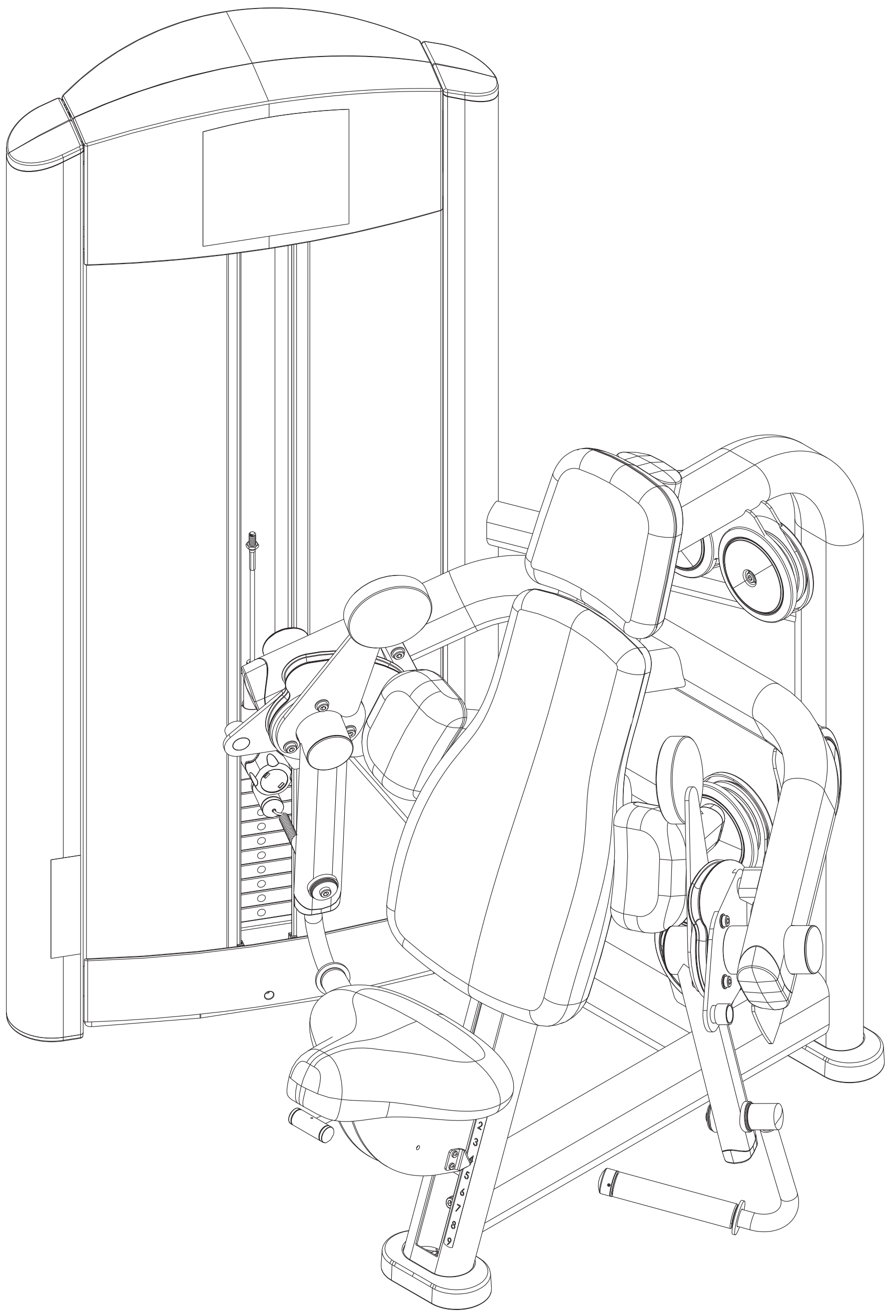
SIGNATURE SERIES
FZBC BICEPS CURL

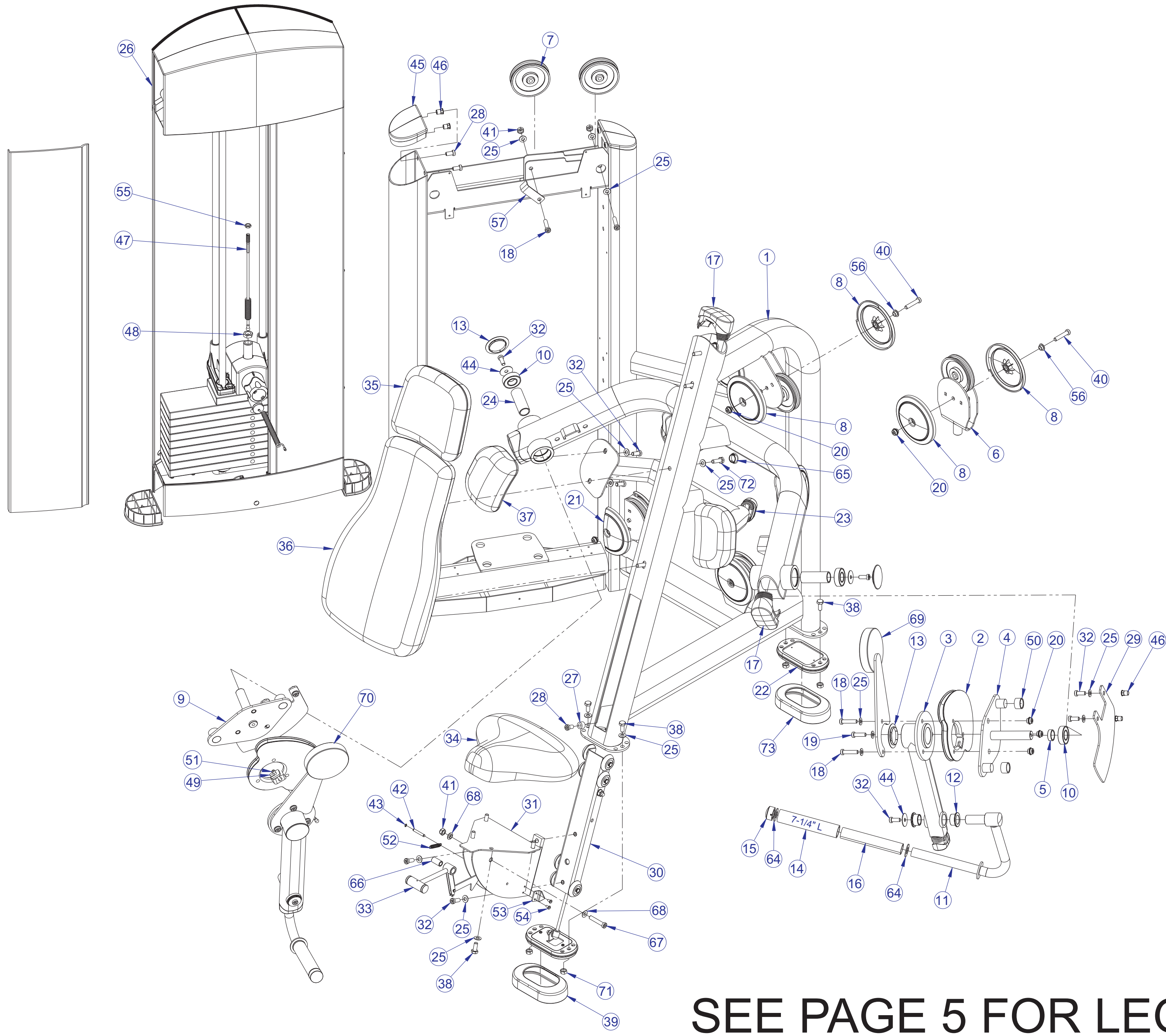


Customer Support Services

PARTS MANUAL

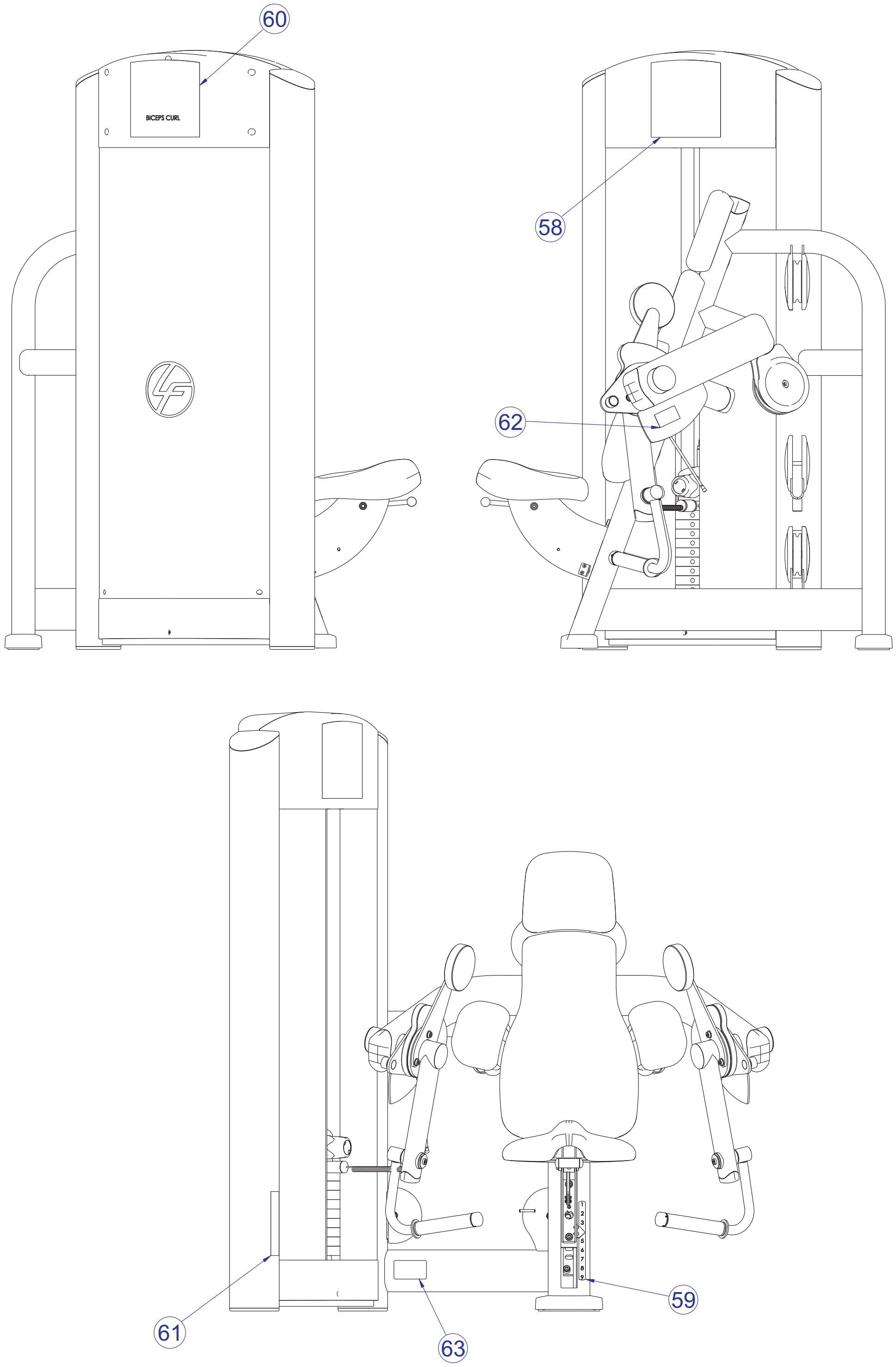
FZBC BICEPS CURL
CONTENTS

FZBC BICEPS CURL
COMPONENT ASSEMBLY



SEE PAGE 5 FOR LEGEND

FZBC BICEPS CURL
COMPONENT ASSEMBLY II

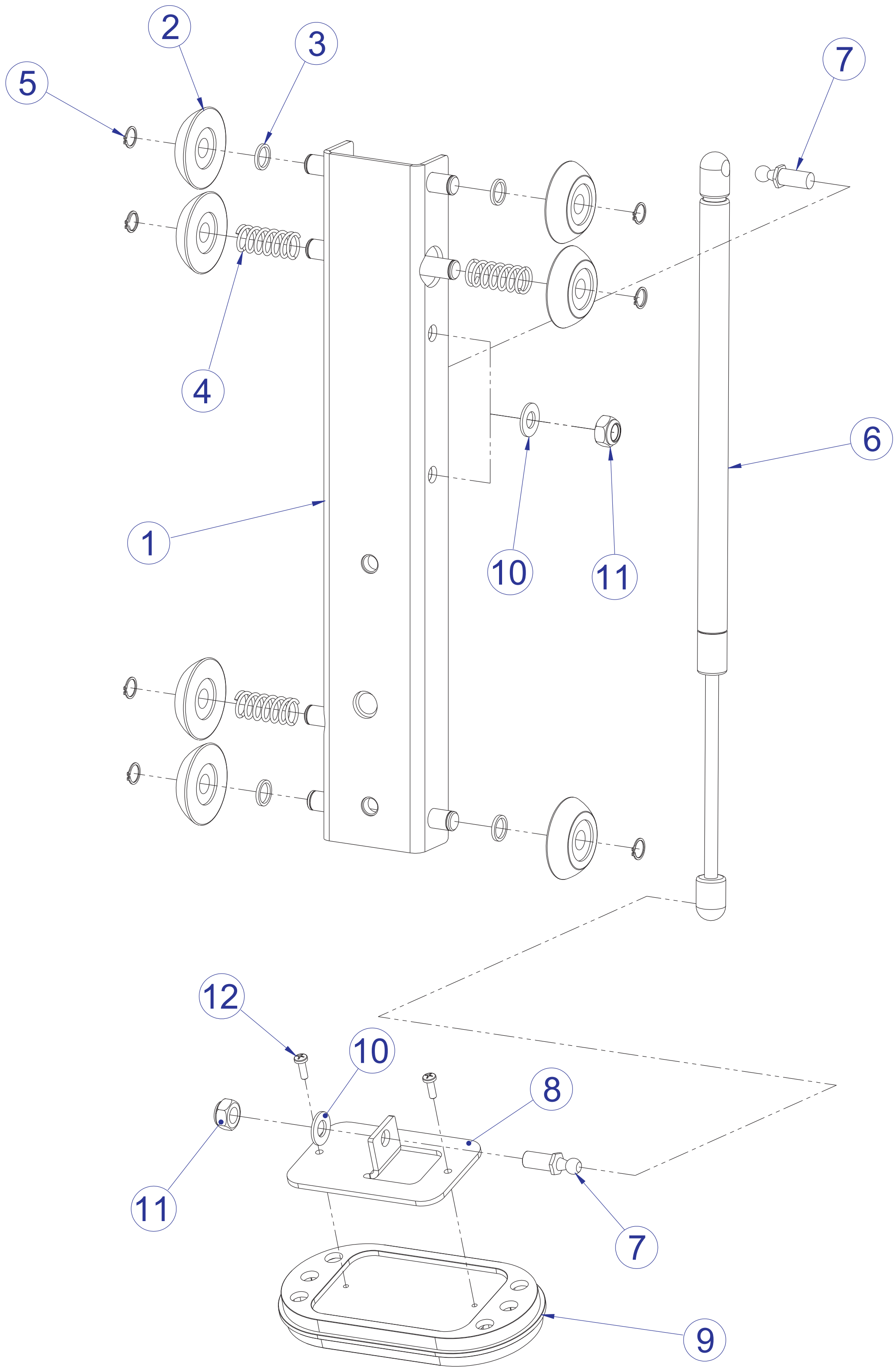


SEE PAGE 5 FOR LEGEND

FZBC BICEPS CURL
COMPONENT ASSEMBLY LEGEND

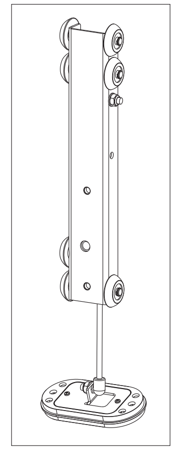
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7400301	WLDMT, FZBC FRAME
2	2	7398101	CAM, FZBC
3	2	7361301	WLDMT, FZBC PIVOT ARM
4	1	7590501	WLDMT, FZBC PIVOT STOP - LH
5	2	7330001	SPACER, INTERNAL X .403
6	1	7399601	WLDMT, FZ FLOATING PULLEY
7	9	3237801	PULLEY, 4.5" OD
8	12	8104501	COVER, PULLEY-BOLTED NOTCHED
9	1	7590401	WLDMT, FZBC PIVOT STOP - RH
10	4	3235601	BEARING, 6205 BALL
11	2	7761201	WLDMT, FZBC HANDLE
12	4	3104903	1.00" ID 1.25" OD BRONZ BUSHING
13	4	7308701	CAP, BEARING HOUSING
14	2	3235803	GRIP, 1.25 X .14 X 7.00
15	2	7662902	CAP, GRIP 1.50 OD
16	2	7560501	LINER, FZBC HAND GRIP
17	3	7333901	CAP, LARGE FLOV- END
18	6	3236206	SCREW, M10 X1.5 45MM
19	2	3236204	SCREW, M10 X1.5 35MM
20	13	7335401	NUT, M10 X 1.5 SOCKET HEAD
21	2	8094101	COVER, PULLEY-BOLTED PARTIAL
22	1	7334001	FOOT, 2.50 X 4.49 FLOV
23	4	7333801	CAP, SMALL FLOV- END
24	2	7330003	SPACER, INTERNAL X 3.265
25	31	3236601	WASHER, 3/8 SAE SS
26	1	7420301	ASSY, MID TOWER-9
27	1	7385203	SPACER, .406 X .750 X .500
28	5	3236201	SCREW, M10 X1.5 20MM
29	2	7560101	GUARD, FZBC CAM
30	1	7911101	ASSY, SEAT CARRIAGE
31	1	7330501	WLDMT, FZ SEAT SUPPORT
32	14	3236202	SCREW, M10 X1.5 25MM
33	1	7778001	ASSY, FZ ADJUSTER HANDLE
34	1	72971XX	PAD, SEAT SADDLE
35	1	74743XX	PAD, HEAD REST
36	1	74741XX	PAD, LARGE BACK
37	2	73933XX	PAD, ARM REST
38	8	3251202	SCREW, M10 X1.5 X 25MM HEX ZN
39	1	7419601	COVER, FOOT-20 DEG.
40	7	3236207	SCREW, M10 X1.5 50MM
41	3	3236801	NUT, M10 HEX NYLOCK SS
42	1	7407502	PIN, LINK
43	2	3232401	RING, RETAINING, EXTERNAL
44	4	3236701	WASHER, FENDER 3/8" ID X 1.5" OD SS
45	2	7326201	CAP, D-TUBE - TOP
46	8	3238601	M10X1.5 THREADED INSERT (HEX)
47	1	7423606	CABLE, FZBC-1
48	1	3236902	NUT, M16 X 2 HEX JAM SS
49	2	7342201	PLATE, CABLE END
50	4	7690101	BUMPER, SLEEVE - 1 INCH DIA
51	1	7423804	CABLE, FZBC-2
52	1	3239201	SPRING, EXT, .375 X .049 X 2.00
53	1	7425295	BRKT, SEAT INDICATOR
54	2	3239101	SCREW, M5X10 PHL PAN TT ST
55	1	3236901	NUT, M10 X 1.5 JAM
56	7	7630101	RETAINER, CM/MJ, PULLEY
57	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1
58	1	7507701	LABEL, FZBC PLACARD
59	1	7524501	LABEL, 1-9 STRAIGHT
60	1	7507801	LABEL, FZBC LOGO
61	1	7422004	LABEL, 2" ASTM WARN
62	1	7422003	LABEL, MOVING PARTS
63	1	7571301	LABEL, SERIAL NUMBER
64	4	3249501	WASHER, NYLON FLAT - BLK 1.015 X
65	4	3237403	PLUG, 1" HOLE
66	1	7776501	SHAFT, .625 X .406 X 1.200
67	1	3236208	SCREW, M10 X1.5 55MM
68	2	7776401	SPACER, FLANGE .406 X .495 X .81
69	1	7805301	WLDMT, FZBC CTR WT - L
70	1	7805401	WLDMT, FZBC CTR WT - R
71	4	3254703	NUT, M10 X 1.5 HEX ZINC
72	4	3251204	SCREW, M10 X1.5 X 35MM HEX ZN
73	1	7340201	COVER, FOOT - STRAIGHT

FZBC BICEPS CURL
FZ SEAT CARRIAGE ASSEMBLY - 7911101



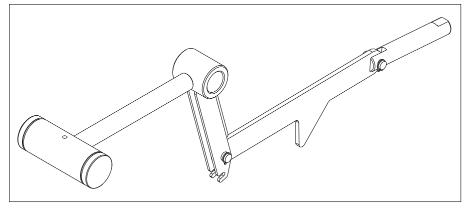
SEE PAGE 7 FOR LEGEND

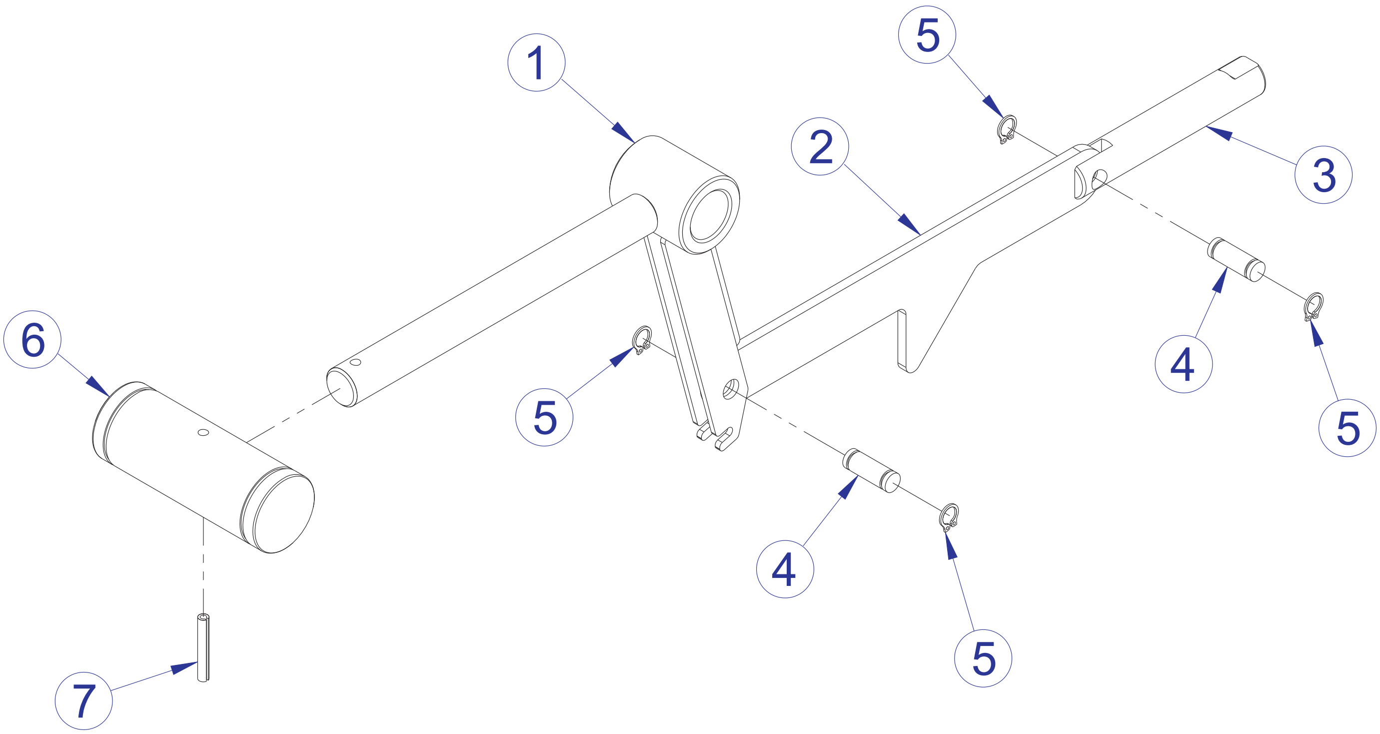
FZBC BICEPS CURL
FZ SEAT CARRIAGE ASSEMBLY LEGEND



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7911295	WLDMT, SEAT CARRIAGE SHDW GRAY
2	7	7889701	ROLLER, SEAT CARRIAGE
3	4	7911901	SPACER, .625 DIA X 16 GA.
4	3	7912001	SPRING, SEAT CARRIAGE
5	7	3232408	RING, BRE .443, 5100-46, ST,PP,B
6	1	3235700	SPRING, GAS 80N
7	2	7414301	STUD, M10 BALL END M10 X 1.5
8	1	7339401	BRACKET, GAS SPRING
9	1	7334001	FOOT, 2.50 X 4.49 FLOV
10	2	3236601	WASHER, 3/8 SAE SS
11	2	3236801	NUT, M10 HEX NYLOCK SS
12	2	3241201	M4 PHL PAN F ST ZN

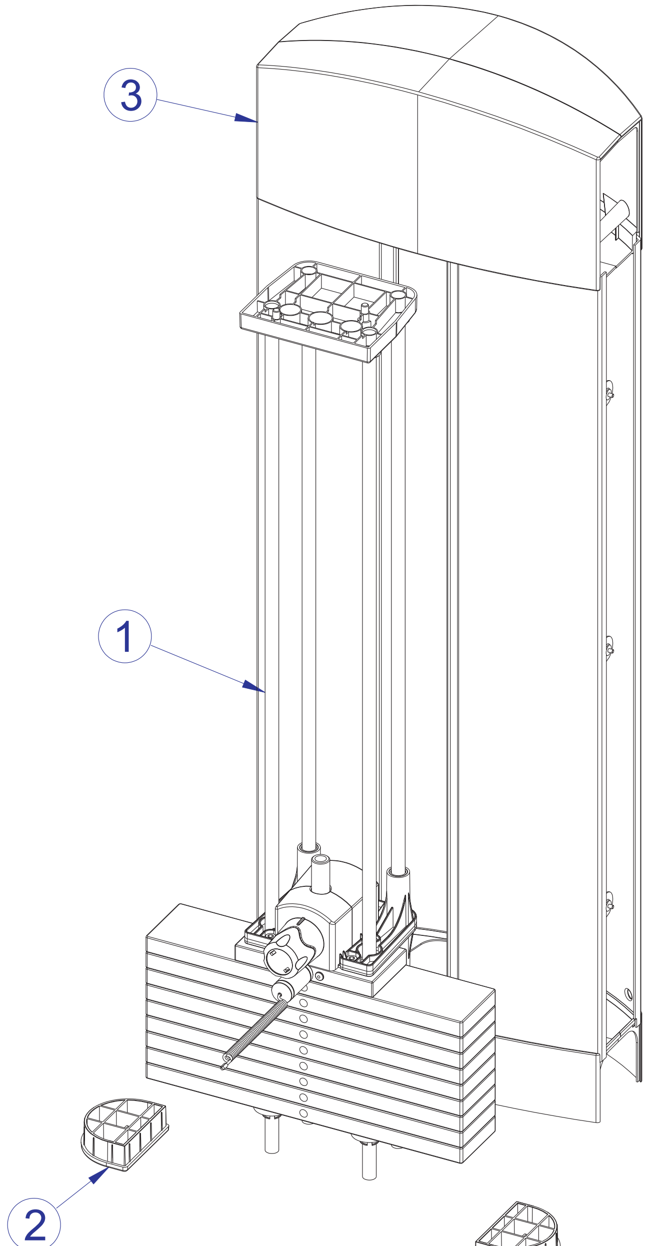
FZBC BICEPS CURL
FZ ADJUSTER HANDLE ASSEMBLY - 7778001





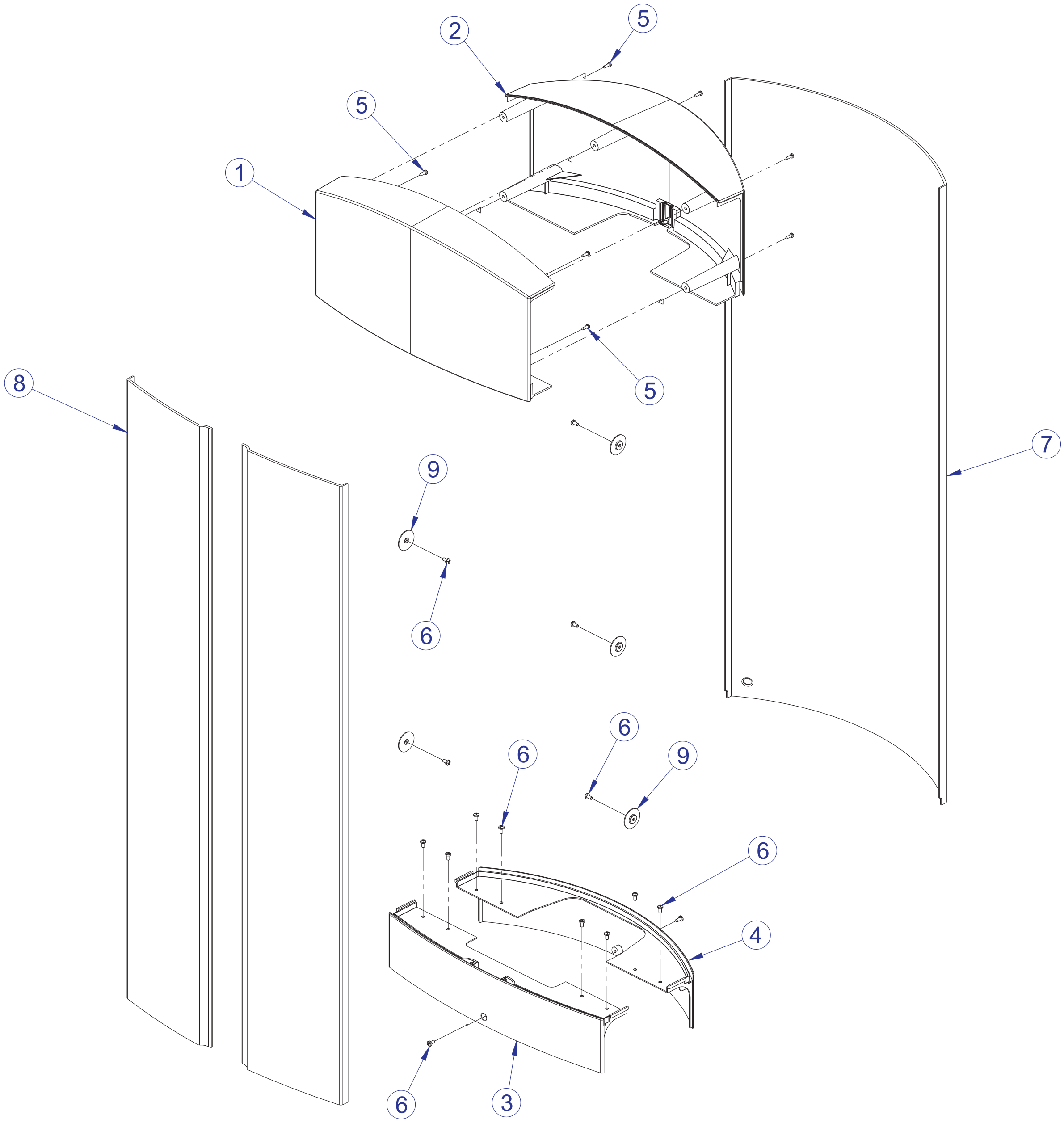
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7777595	WLDMT, FZ SEAT ADJ HANDLE SHADOW GRAY
2	1	7331801	LINK, ADJUSTER
3	1	7331601	PIN, INDEX
4	2	7407501	PIN, LINK
5	4	3232401	RING, RETAINING, EXTERNAL
6	1	7287901	HANDLE, ADJUSTER
7	1	3110010	ROLL PIN, 1/8 X 7/8

FZBC BICEPS CURL
MID-9 TOWER ASSEMBLY - 7420301



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7420001	ASSY, WEIGHT STACK MID-9
2	2	7326301	CAP, D-TUBE-BTM
3	1	7419801	ASSY, TOWER PLASTICS-MID

FZBC BICEPS CURL
PLASTIC TOWER ASSEMBLY - 7419801

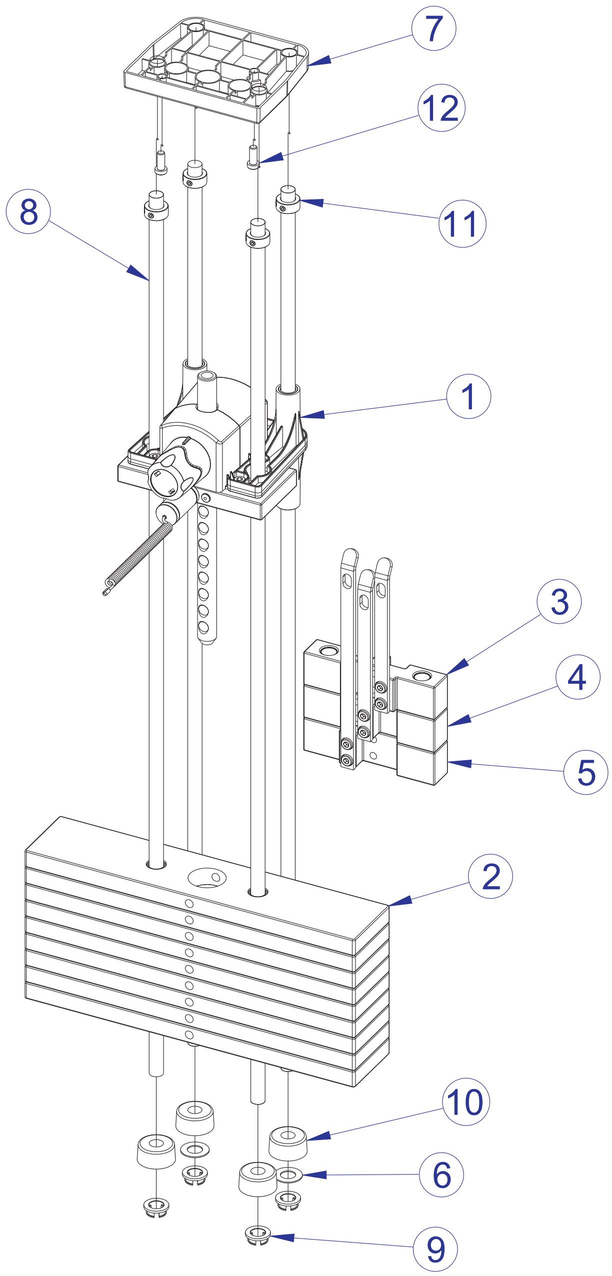


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7318601	COVER, TOWER- TOP FRONT
2	1	7318701	COVER, TOWER- TOP REAR
3	1	7318801	COVER, TOWER- BOTTOM FRONT
4	1	7318901	COVER, TOWER- BOTTOM REAR
5	9	3236501	M4 X 0.7 PHL PAN MS ST ZN
6	16	3239101	SCREW, M5X10 PHL PAN TT ST
7	1	7765701	SHROUD, TOWER- REAR SHORT
8	2	7765601	SHROUD, TOWER- FRT SHORT RH
9	6	7583501	RETAINER, FZ SHROUD

FZBC BICEPS CURL
MID-9 WEIGHT STACK ASSEMBLY - 7420001

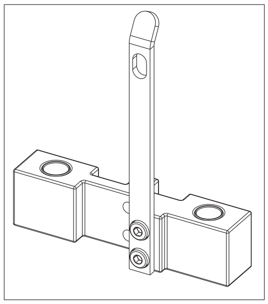
WEIGHT STACK LABELS

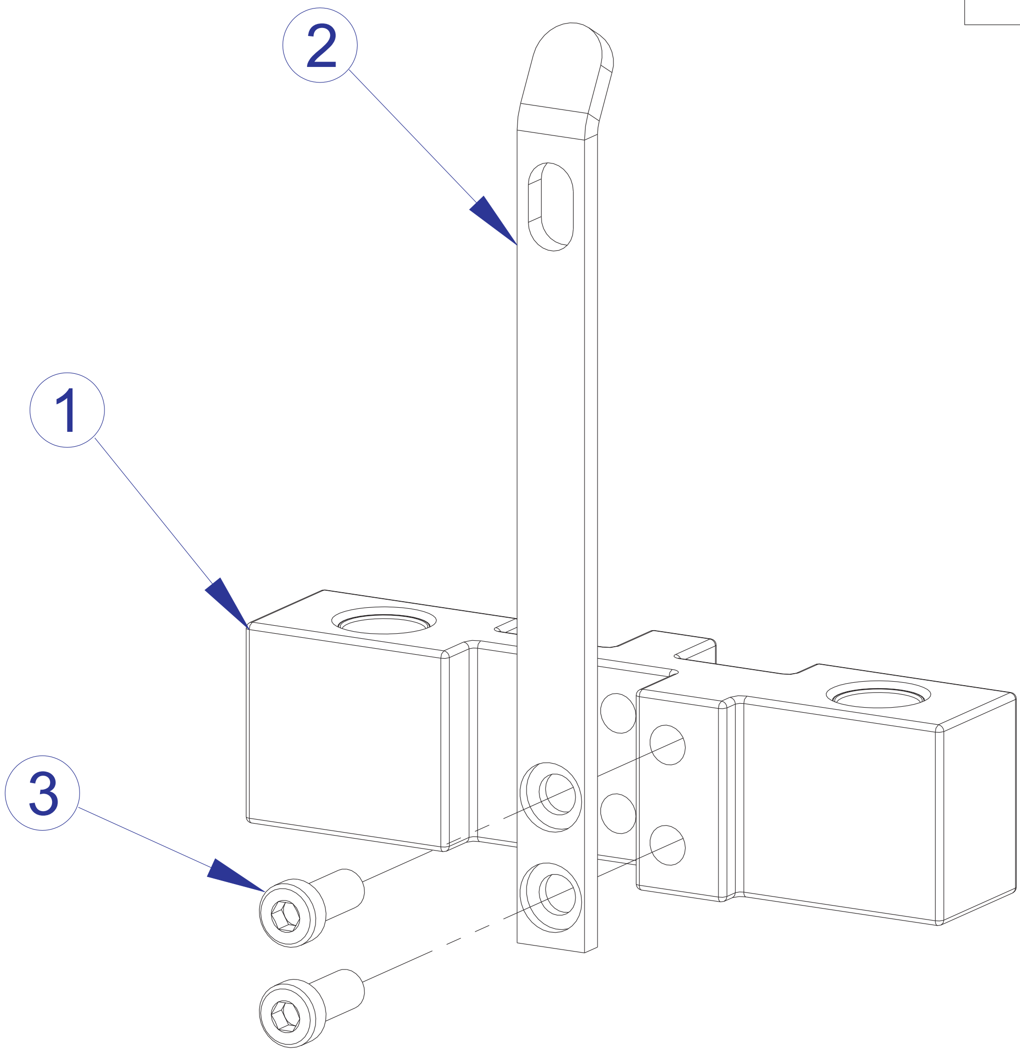
7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350601	ASSY, HEAD PLATE (9)
2	9	7328401	WEIGHT PLATE, 20 LB
3	1	7327601	ASSY, INCREMENT WT-5LB
4	1	7327701	ASSY, INCREMENT WT-10LB
5	1	7327801	ASSY, INCREMENT WT-15LB
6	2	7351001	SPACER, INC WT STACK
7	1	7621101	RETAINER, GUIDE ROD-TOP
8	4	7328602	GUIDE ROD,.75 OD SOLID X 53.50
9	4	7337901	BUSHING, GUIDE ROD
10	4	7352101	CUSHION, WEIGHT STACK
11	4	3103301	SHAFT COLLAR, 3/4" ID ZINC
12	2	3236202	M10 X 1.5 X 25 HXS SOC CS SS

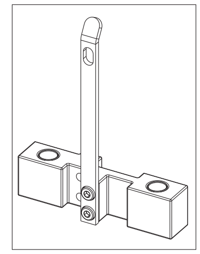
FZBC BICEPS CURL
5 LB. INCREMENT WEIGHT ASSEMBLY - 7327601

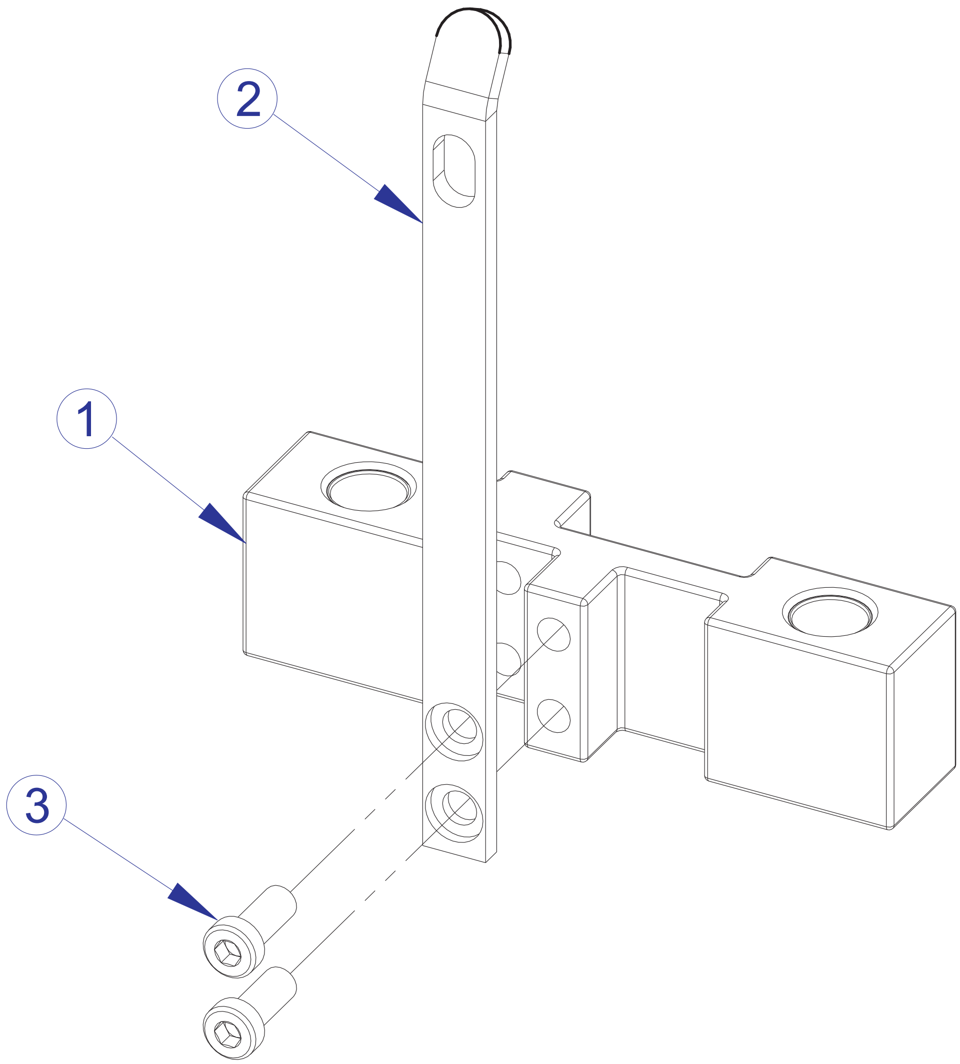




ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	2	3236202	SCREW, M10 X1.5 25MM

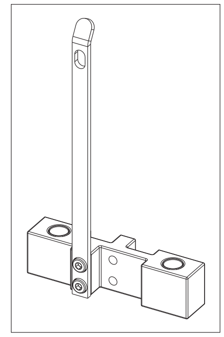
FZBC BICEPS CURL
10 LB. INCREMENT WEIGHT ASSEMBLY - 7327701

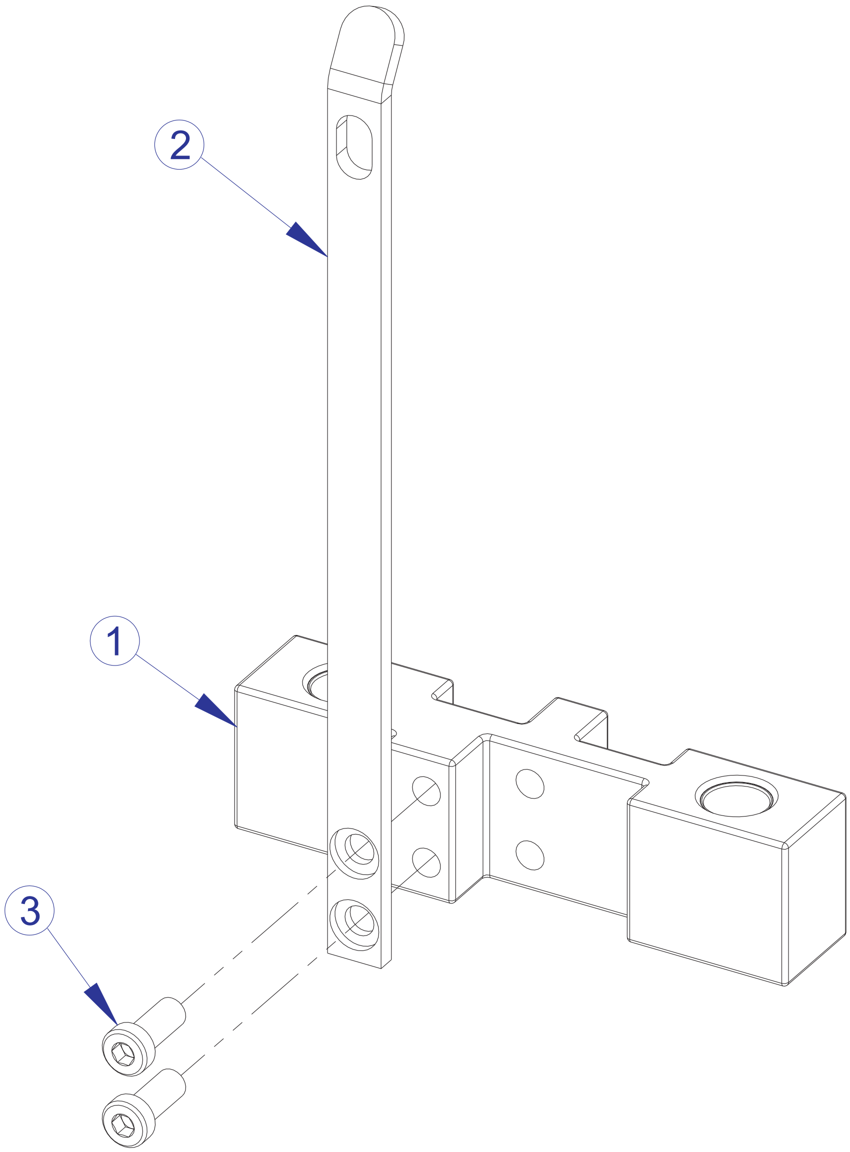




ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZBC BICEPS CURL
15 LB. INCREMENT WEIGHT ASSEMBLY - 7327801



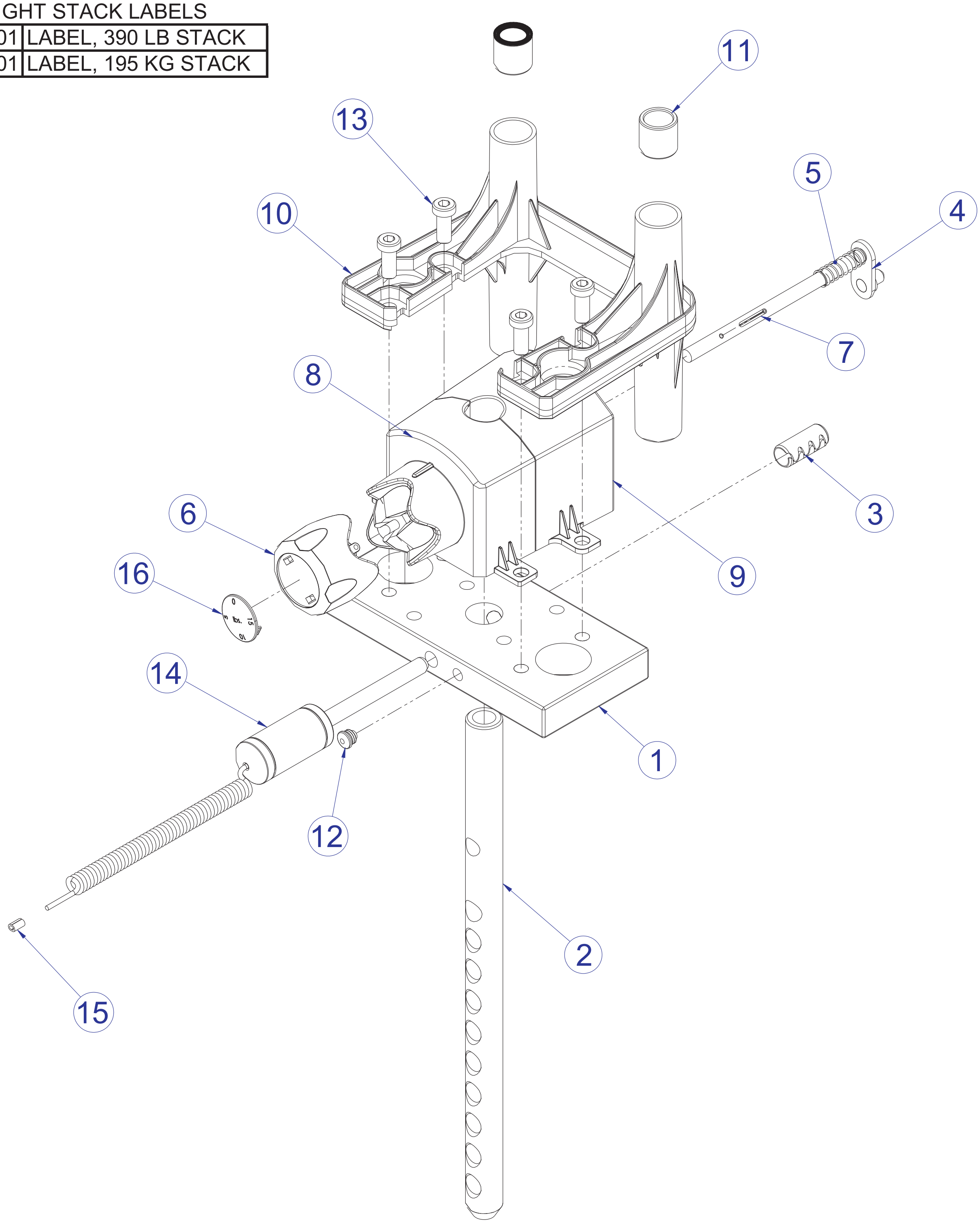


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZBC BICEPS CURL
HEAD PLATE ASSEMBLY - 7350601

WEIGHT STACK LABELS

7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK



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FZBC BICEPS CURL
HEAD PLATE ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7326701	HEAD PLATE
2	1	7347801	STEM, 9 PLATE
3	1	3236001	BUSHING, SPRING PIN
4	1	7327201	WLDMT, INCREMENT WT PIN
5	1	8024501	SPRING, 1/2 OD X 1-1/2
6	1	7326101	KNOB, INC WT SELECTOR
7	1	3110008	ROLL PIN, 1/8 X 1-1/4
8	1	7326401	HOUSING, SELECTOR - FRONT
9	1	7326501	HOUSING, SELECTOR - REAR
10	1	7362101	STABILIZER, HEAD PLATE
11	4	7459601	BUSHING, HEAD PLT STABILIZER
12	1	7356501	PLUG, LANYARD ATTACHMENT
13	4	3236202	SCREW, M10 X1.5 25MM
14	1	7338101	ASSY, WT STACK SELECTOR PIN
15	1	7523601	CRIMP, CABLE
16	1	7398601	CAP, SELECTOR KNOB, LBS
	OR		
	1	7398701	CAP, SELECTOR KNOB, KG

FZBC BICEPS CURL
IMAGE

